**Programs for SOBC Penticton**

**2018/2019**

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| **Sport** | **Day/Time/Cost** | **Location** | **Head Coach/Contact** |
| Swimming | Saturdays 9:00 – 10:15$5.00 per week | Penticton Rec Centre | Marlene Keen809-4419 |
| Basketball | Wednesdays 3:15 – 5:00No cost for 2018/19 | Penticton Rec Centre | Marlene Keen809-4419 |
| Bocce | Tuesdays 4:00 – 5:00$2.00 per week | Parkway School | Dona Cade493-7855 |
| Bowling – 5-Pin | Tuesdays: 400 – 6:00$3.00 per game | Roll N Stones Fun Centre | Fae Hodgins778-476-0989 |
| Bowling – 10 Pin | Thursdays 4:00 – 6:00$3.00 per game | Roll N Stones Fun Centre | Mona Hazell493-4805 |
| Cross Country Skiing | Saturday morningsCost will depend on number of athletes | Telemark (West Kelowna) | Ray Huson493-2740 |
| Snowshoeing | Sunday mornings$2.00 per week | Kings Park & Carmi Trails | Ray Huson493-2740 |
| Golf | Mondays 4:00 $5.00 - $10.00 per week | Skaha Meadows | Bob Braaten492-5340 |
| Power Lifting | Tuesdays/Thursdays7:00 – 8:30$26.00 per month | The Eternal Gym | Bob Fraser462-7351 |
| CurlingThis program will only run if we have enough interested athletes AND if we can find a Coach for the program. | Wednesdays 5:00-6:00$2.00 per week | Penticton Curling Club | Contact: Mona Hazell (250) 493-4805 |
| Rhythmic Gymnastics | Mondays 3:30 – 4:30 | Community Rec Centre Gym | Contact Mona Hazell(250) 493-4805 |